

# Rand Aid review

RAND AID

review

Tel: 011 882 2510 or 010 100 3656

DEC 2023

Email: info@randaid.co.za



Interacting with animals can be both uplifting and comforting. Just ask the residents of Thembalami Care Centre and Max Ordman Deaf Association. Wide smiles, sparkling eyes, and hands eager to connect with warm bodies demonstrated just how therapeutic animals can be when the Farm Corner brought ponies, chickens, goats, ducks, sheep and more to interact with the residents on October 5. Pictured is Thembalami resident Doreen Calder.

## Meet 11 inspiring Rand Aid residents



Joyce Lockhart turned 100 on October 16. Although she has a part-time carer, Joyce still lives in the Elphin Lodge cottage that she has called home since 1991. She is one of 11 residents of Rand Aid's retirement villages who still live in their own homes. They embody healthy ageing.

**MEET THESE INSPIRING INDIVIDUALS ON PAGE 4.**

# A message of gratitude and hope

The December holiday is around the corner and the new year is in sight. As we look back on 2023, we have many blessings to count.

In March, Rand Aid Association celebrated its 120th anniversary. We are immensely humbled that despite the turbulent times the organisation has gone through, from world wars and recessions to COVID-19, we are still contributing meaningfully to society.

We are grateful for the remarkable community spirit that characterises our retirement villages and care centres. Our residents have each other's backs. This is demonstrated at birthday celebrations, in times of mourning and illness, and at the myriad of events hosted to foster connections.

We are thankful for the gifts of compassion, laughter, camaraderie and friendship.

Our workforce is another blessing. These men and women – from our village managers to our social workers, our therapists, caregivers, general workers, chefs and office workers – all play a part in Rand Aid's success and the quality of life enjoyed by our residents.

Another blessing to be counted is the Rand Aid Association Board of Management. The chairman and members provide constant support to the management team. The expertise they bring to the table is deeply appreciated.

To our residents who give of their time to serve on the various village commit-

tees, we thank you! The members of the residents' committees are invaluable in representing the needs and interests of their neighbours. The other committees work tirelessly to lift spirits and raise funds that contribute to creating environments in which residents thrive. We salute you.

Lastly, we are grateful that we live and work in a beautiful, safe environment.

We wish you and your loved ones a blessed Christmas, and a happy, healthy New Year filled with peace, hope, joy and love. To all of our Jewish residents and families, we wish you the very best for the New Year, with good health, peace and joy.

**Rand Aid Association management team**





Friendships were formed or strengthened at Thornhill Manor's chapel tea held on November 7. "Many of our residents have lost their partners. Without the strong bonds of friendship, they might find village social events uncomfortable," says Karen Griessel, the village social worker. "The tea enabled residents to enjoy a relaxed outing with people facing the same challenges and, hopefully, encourage friendships to bloom." The event was organised by village management, in collaboration with the chapel committee. Pictured are Margaret Chewins (seated) and Sue Ryan.



People who know their way around a workshop are a blessing! Just ask the librarians at Thornhill Manor, who have a convenient new storage space in the community centre for the library's DVDs. This is thanks to Andy Tasker, John van Leeuwen, Al Zylstra and other members of the village's Man Cave. "All the DVDs have now been moved there, apart from the children's section movies that will remain near the library," says Jenny Carliell, a village resident who has steered the library and its volunteers for over 19 years. Pictured is outgoing Thornhill Manor receptionist Shirley Whitehead.

## 'Charlie Chaplin' promotes men's health

November celebration a toast to Rand Aid's sense of community. Inyoni Creek Retirement Village recently hosted a heartwarming and purposeful birthday tea. This particular event carried a unique theme, resonating with the spirit of November. It was a celebration not only of birthdays but also of awareness of men's health issues.



**Best-dressed resident Elaine Glogauer with Debbie Steyn.**

Hosted at the clubhouse, the turnout for this birthday tea was impressive. Residents, staff, and special guests alike came together to commemorate and advocate for a worthy cause.

November, held each November, encourages men to grow their moustaches to raise awareness about men's health issues.

"One of the highlights of this event was the celebration of residents who mark their birthdays in November," says Inyoni Creek social worker Shaun Victor. "The celebration extended beyond birthday celebrations, however, as Inyoni Creek opened its heart to honour the remarkable residents of all Rand Aid retirement villages who have gracefully surpassed 95 years of age.

"It was a celebration of their deter-

mined spirits and the fact that they continue to lead independent lives in their respective villages," says Shaun.

Adding an element of fun and engagement, the event featured a moustache-themed quiz. Silhouettes of well-known celebrities with iconic moustaches challenged the guests to guess the name.

"Laughter and friendly banter filled

the air as the quiz added an enjoyable and interactive dimension to the tea," says Inyoni Creek manager Jenny Tonkin.

Residents sported their best moustaches, embodying the spirit of November. One particularly spirited resident took the theme to the next level, dressing up as the legendary Charlie Chaplin.

"In the end, the birthday tea was not just a celebration of another year but a testament to the community's enduring spirit, its commitment to important causes, and the bonds that grow stronger with every gathering. It was a reminder that Inyoni Creek is more than just a retirement village – it's a place where life is celebrated, awareness is raised, and friendships are cherished," adds Shaun.

## Miss Deaf SA celebrates with MODA residents

Monequ Edwards, newly crowned as Miss Deaf South Africa, celebrated her birthday on September 18 with residents of the Max Ordman Deaf Association in Lombardy East.

With September being the National Month of Deaf People, her birthday could not have been better timed. And what a birthday month it was, with Monequ taking home the Miss Deaf SA crown at a glittering ceremony in Cape Town.

The Germiston resident posted this on her Facebook page on her birthday:

"Today is my birthday. I visited the deaf elders... and spoiled them with my homemade milk tart. It gave me goosebumps to see their happiness, but at the same time, I was emotional. In April 2023, I went there for the charity, and they asked me to come again when I won, so I kept my promise. I surprised them today with my crown and sash, and they were over the moon!

"We chatted the whole morning and I showed them the pictures of the gala evening and the happiness on their faces inspired me and reminded me of my late grandparents. My birthday wish is to spend time with them on my birthday. I am so blessed to be there today. Thank you Rand Aid Association for making my wish come true!"

A few days later, on September 23, she again visited MODA, and posted this on her Facebook page:

"Today is the International Day of Sign Language. Rand Aid Association's MODA home invited me to spend time there and I taught children [visiting Edenvale cubs] some basic signs. It's interesting to see the deaf elders use a different South African Sign Language dialect to me. Big thanks to the managers and Rand Aid for making this special day to celebrate our sign language."



**Miss Deaf SA Monequ Edwards with MODA resident Regina Ratshosana.**





Matron Paulina Namu from Thembalami with resident Louisa Potgieter.

## WALKING FOR ALZHEIMER'S

People of varied abilities had one thing in common when they united for a fundraising walk in September – they all sported large smiles.

Thornhill Manor Retirement Village hosted the event. Fifty Thornhill residents – largely in good health and leading an active lifestyle, and 30 residents from Rand Aid's Thembalami Care Centre – all in need of care, came together to forge friendships and raise awareness for Alzheimer's and dementia-related diseases.

The walk took place in Thornhill Manor's beautiful grounds on September 21, which was World Alzheimer's Day, and was the culmination of a series of events held to promote the message that 'My friend with Alzheimer's is still my friend'.

"Most of us know someone who has been impacted by Alzheimer's disease, whether it has touched our own family or a friend's loved ones," says Karen Griessel, Thornhill Manor's social worker.

She explains that Alzheimer's is a progressive neurodegenerative disease, which means it gets worse over time and the person affected eventually loses the ability to accomplish daily tasks.

Memory loss, which involves frequently forgetting names, words, or new information, is typically one of the first warning signs of Alzheimer's disease.

"A big thank you to Jackie Scott, our deputy manager who worked hard behind the scenes organising the events, and to resident Vicky Keenan, a trained occupational therapist, for her continued passion for helping people."

Maps and signage marked the three different routes, ranging from 0.62km to 1.05km.

Over the past two years, several occupational therapy-aligned events have been held to foster connectedness between less able Thembalami and Ron Smith Care Centre residents and Thornhill Manor's residents.

■ Managing Alzheimer's disease can feel overwhelming, especially with a new diagnosis, so it is important to reach out to a healthcare professional, Karen adds.

## How to stay sober in the silly season

The festive season means plenty of celebrations and more often than not, plenty of alcohol.

"For someone suffering from substance use disorder, it may be a challenging time," says Adèl Grobbelaar, the manager of Johannesburg-based SANCA Wedge Gardens substance use treatment centre.

"However, there are various ways of dealing with the stressors. Remind yourself that while you have changed, the people around you or the circumstances you find yourself in might not have."

Recovering alcoholics and substance abusers must have realistic expectations of others, she says. "If you have always had a conflictual relationship with relatives, the fact that you are sober is not going to change that. Add to that the reality that the festive season is usually family time and understand that old conflicts might emerge.

"Stay calm and do not react to a situation that costs you your sobriety. Plan and limit the time spent with people who make you 'crazy'."

Adèl says the best way to stay substance-free is to remind yourself each day how good it feels to be sober. List the things that you are now able to appreciate, such as birds singing in the morning, the different colours of the day, and other small pleasures.

"When you are with family and friends, plan activities that can keep everybody focused and busy. It is important to be prepared and plan activities rather than sitting around bored, wondering what can be done."

She says recovering addicts should avoid spending time with people they used to drink or use drugs with. "Rather spend time with people who evoke positive emotions that add value to your life."

"Make sure you know where Alcoholics Anonymous or Narcotics Anonymous meetings take place in the area where you spend your holidays, and maintain your recovery routine as far as possible."

Being in recovery is not a sure guarantee of a perfect life, she cautions. "You may experience more cravings during the festive season due to exposure to more parties and alcohol. Have a list of actions ready should you experience a craving. For example, call someone, go for a swim, work out, or eat something you love."

Should you attend parties, make sure you serve yourself and keep your glass filled all the time. "That way, you do not have to turn drinks down. You can also drink Ginger Ale or Coke, which gives the impression of whiskey and soda or brandy and Coke, should you be with people who might pressure you to drink."

"Being honest that you are in recovery is advisable. Most people know someone in recovery and will understand what you are going through."

"Keep your car keys close so you can leave the party should the urge to drink overwhelm you."

### Tips:

Do not get hungry, lonely, angry or tired when you know you are facing a tough time. "This would be the same as racing without caution towards a pothole you know is in the road."

Always be grateful for your achievements because that is the change factor in recovery. "Consider what you can lose by using again. Are a few moments of fun worth the long-term pain should that one drink or one drug be your latest change factor?"

■ For more information on SANCA Wedge Gardens and the Full Circle Recovery Programme, visit [www.wedgegardens.co.za](http://www.wedgegardens.co.za)

# Remarkable residents who redefine the image of ageing

The image of seniors in rocking chairs staring day-long at the telly is as outdated as dial-up modems for connectivity and steering locks for vehicle safety.

The World Health Organisation estimates that by 2030, one in six people in the world will be aged 60 years or over. "The more candles on your birthday cake, the more likely it is for an individual to develop age-related health challenges. That does not mean that people should not continue to live life to the fullest," says Zabeth Zühlsdorff, GM: Services and Advance Division of Rand Aid Association, which runs four retirement villages and two care centres.

"Instead, individuals must revel in not having to spend the majority of their waking hours at work, and must embrace the activities they dreamt of when their time was not their own – as best as their health allows," she says.

"Rand Aid is committed to creating environments that promote active and healthy ageing," says Zabeth's colleague Ayanda Matthews, GM: Compliance & Social React Division. "We offer a lock-up-and-go lifestyle that promotes travel. Our villages and care centres offer carefully curated services, socials, outings, and activities to promote interaction as well as mental, emotional and physical well-being."

"We embrace the World Health Organisation's focus on healthy ageing, which is all about 'enabling older people to remain a resource to their families, communities and economies'," says Zabeth.

Eleven residents in Rand Aid's four retirement villages embody the ideal of healthy ageing. These residents are all 95 years or older, still live in their own homes, and enjoy enriching activities and relationships.

"While a few need some help from carers, the majority of these inspiring individuals continue to live independent and meaningful lives," says Ayanda.

## Meet the golden 'oldies'

**Isobel Kohll (101)** – For 21 years, Isobel has called Elphin Lodge home. Turning 101 on November 13, she attributes her well-being to having diverse interests and 'doing what I enjoy, such as painting and art'. Isobel loves attending the gatherings of Elphin Lodge Art and Craft Group and plays a mean game of Scrabble.

**Joyce Lockhart (100)** – A resident of Elphin Lodge for an amazing 32 years, Joyce's values include tolerance, kindness and consideration, traits that have

contributed considerably to her well-being. She remains active in the village church and does the odd chores when needed. In her younger years, Joyce was a full-time mom who sewed, knitted and ferried her children around. She served on various school and community committees, which continued when she moved to Elphin Lodge, when the village was still establishing itself.

**Billie Sack (99)** – A resident of Inyoni Creek for 14 years, Billie walks daily



and tries to complete a crossword puzzle every day and do a bit of diamond dot crafting. A bridge player for more than 80 years and a bridge teacher until the advent of Covid-19, she still plays once a week. "Only lately, I've started to feel like I'm almost 100. I'm lucky, I guess. It must be good genes. I had an aunt who lived to 100." Billie attributes her longevity to having an active mind.

**Hylda Molly Skutelsky (99)** – Twenty-one years ago, at the age of 78, Hylda moved into the newly opened Thornhill Manor. When she was in her 50s, Hylda retrained as a therapist and counsellor. She spent 21 years as a Hospice counsellor and at the age of 90 was still taking calls from ex-clients.

Her passions are bridge, music, esoterics, yoga, reading, meditation and counselling. Unfortunately, Hylda is now wheelchair bound. She attributes her well-being to helping others, being kind, and having family ties.

**Hugh Cunningham (97)** – An Inyoni Creek resident since 2008. Hugh says he enjoys a daily walk, reading non-fiction and thrillers, and playing bridge and Scrabble. He attributes his well-being to being positive and optimistic about most things and remaining active, and says he is blessed that he has no joint pain. He has this advice for healthy ageing: "When bad things happen, they will pass. Carrying on as though you are younger."

Seated around the table, from the left, are Masha Hackel (97), Billie Sack (99), Hugh Cunningham (97) and Mike Brittany (95) from Inyoni Creek; Elphin Lodge's Isobel Kohll (100); Elvira de Caires (95) and Geraldine Lonsdale (95) from Tarentaal; carer Busi Tinta; Inyoni Creek resident Sybil Jassinowsky (95); carer Varnia Esbend; Elphin Lodge's Joyce Lockhart (100). Absent: Hylda Skutelsky (99) and Veronica Benecke (95), both from Thornhill Manor. Standing are members of the Rand Aid management team: Zabeth Zühlsdorff, Ayanda Matthews, Helen Petrie, Debbie Beech, Laetitia Goosen, Tammy Neilson, Jenny Tonkin and carer Letwin Mahlengwe.

**Masha Hackel (97)** – An Inyoni Creek resident of nine years, Masha enjoys reading but says that because of arthritis, her knitting days are behind her. She loves television quiz programmes that test her general knowledge and enjoys cooking and baking.

"When I get up in the morning, I thank the Lord for another day, and I pray for strength so that I can do what I need to do," she says when asked to what she attributes her well-being.

"I was born into struggle; I had to look after myself from a young age."

Masha's family came to South Africa from Poland in 1934.

**Veronica Benecke (96)** – For 23 years, Veronica has happily lived in Thornhill Manor. Her hobbies include reading and online gambling via her phone.

She says family is vitally important and that her loved ones inspire her.

**Mike Brittany (95)** – "Moving to Inyoni Creek Retirement Village in 2011 was the best move I ever made," says Mike. He loves reading and gardening. "I mess around in my garden and propagate African violets," he says. Previously known for his striking orchids, Mike says he no longer focuses on these beauties because they are 'hard work'. He also does chair exercises and finds them excellent for maintaining his mobility. Mike believes in eating in moderation and the power of friendship.

**More on page 5.**



From page 5.

**Sybil Jassinowsky (95)** – One of Sybil’s biggest blessings is that her family ‘live up the road’. A resident of Inyoni Creek for 14 years, Sybil says she battles to keep up with some of the activities she used to love because she has ‘started having trouble with my eyes’. She has a close bond with her loved ones and enjoys regular visits from her friends. Her tips for healthy ageing are controlling your temper, remaining active for as long as possible, and keeping up your appearance.

She says she married at 20 and had five children, which kept her young.

**Geraldine Lonsdale (95)** – The avid cook, knitter and reader moved to pretty Tarentaal village in 2015 and says she has hard work to thank for her longevity.

**Elvira Neves Jorge De Caires (95)** – A Tarentaal resident for nearly nine years, Elvira can often be found with a crochet needle or gardening tools in her hands. She also enjoys watching TV. ‘Hard work and eating healthy’ are her tips for healthy ageing.

These inspirational residents were honoured guests at Inyoni Creek’s monthly birthday bash on November 2, where their ‘determined spirits’ were celebrated.

# Elphin ‘Arties’ brush up on bonds while getting creative

Elphin Lodge Art and Craft Group is one of the happiest groups in the peaceful retirement village.

Started some years ago, the group initially had under 10 members, but now 23 creative souls get together every Tuesday morning to do watercolour and acrylic painting, knitting, card-making (hand sketched) and even embroidery.

“One of our members, Isobel Kohll, who is 101 years old, loves coming down to dabble and have tea and biscuits with us,” says member Jenny Sella.

“There are always helping hands setting up the cups and saucers for our refreshment break and members also happily help clear up once we are done.

“New residents have bravely come down and joined us, and learnt that members can do whatever they want, without anyone looking over their shoulder to make sure they do things ‘correctly’.

“We help each other and learn from each other. We experiment with different mediums and, a few months ago, we decided to try the acrylic pouring



**The Elphin Lodge Art and Craft Group unleash their creativity while brushing up on friendships.**

method, which was so much fun but boy, was it messy! For now, this has been put on hold while we prepare for our Christmas market on December 8.”

Jenny says that being retired means they can now learn a new hobby, make new friends, and enjoy coffee and cake or biscuits with people of their own age.

“We have the same memories, the same experiences at a time that was different to what the younger generation is living through today.”



**Evan and Ericson Hogan with resident Basil McIntyre and Desiree Hogan.**

## Children get sign language lessons from MODA residents

Meerkats and cubs from 1st Edenvale and 1st St Benedicts Cub Pack spent a meaningful few hours at the Max Ordman Deaf Association (MODA) on September 23, the International Day of Sign Languages.

MODA is housed at Thembalami Care Centre in Lombardy East and provides a full-time home to older deaf people.

The visiting cubs, under the leadership of Pack Scouter Desiree Hogan, learnt some basic sign language by showing residents printed words, such as

‘father’, ‘mother’, ‘brother’ and ‘sister’ and asking the residents to teach them the sign language version.

“They then spent time interacting with and playing games with the residents,” says Esme van der Walt of Thembalami and MODA. “The parents brought cakes and other treats, which were enjoyed by all, and Miss Deaf SA Monequ Edwards also popped in.”

In July, sign language became South Africa’s 12th official language.



### BEAUTIFUL CROSS FOR TARENATAAL CHAPEL:

A beautiful sleeper wood cross stands proudly outside the Tarentaal Village chapel. It was crafted in the George Green Men’s Shed, with Tarentaal resident Tommy Hamilton instrumental in bringing the project to fruition. The chapel’s previous cross was disintegrating, says village manager Tammy Neilson.

**Rand Aid has three life-right retirement villages, one rental village and two care centres, all underpinned by Rand Aid’s commitment to upholding the quality of its residents’ lives.**

**For more information, call 011 882 2510 or email: [info@randaid.co.za](mailto:info@randaid.co.za)**





Beautiful hand-made items and yummy baked treats were sold with pride by the residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA) at their sunshine-filled fete on October 28. Everyone's hard work paid off and on fete day, the OT and MODA table was laden with hand-painted bags, earrings, armbands, tablecloths, knitted and crocheted beanies, bedsocks, baby blankets, home-baked biscuits, fudge and the most beautiful and colourful crocheted Christmas trees. Pictured is Lerato Semanya, who worked at the vetkoek and mince and baked goods table.



Extra shine given to housekeepers' day - The special group of women who are responsible for ensuring that Elphin Lodge Retirement Village remains clean and tidy was celebrated on October 18, which was World Cleaner Day. "All employees are valued for the contribution they make to the success of Elphin Lodge and the well-being of the residents," says Debbie Beech, the village's deputy manager. Each of the women received the gift of a scarf, with a message attached that read, 'Thank you for being an essential part of our team'. Tea and cake were served and a lovely time out was enjoyed by all present. Pictured are Nosipho Nzama, Mary Kekana, Yvette Shibiti, Nonhlanhla Mabuza, Kedibone Madibane, Jane Ngwenya and Rose Shai.



Scrumptious eats, entertainment and fun games lifted the spirits of residents of Rand Aid's Thornhill Manor Retirement Village recently. The occasion was a visit by AVBOB Edenvale, who arrived with other team members to visit the residents. They brought with them delicious chocolate mousse cakes for residents to enjoy. Their contracted consultant, Anza Naude, who is also a performer, came along and had the residents singing, dancing and laughing. Pictured are residents Lee Schierenberg, Helga Engelbrecht, Vivienne Michler, Ginny Michler, Pam Bakker, Sylvia Sinclair, Yvonne Ciapparelli and Ruth Meredith.



Thornhill Manor Retirement Village's annual family fun day and fete on Saturday, October 14, offered visitors plenty to do and eat. Village resident Moira Simonsen's paintings delighted and inspired visitors to the annual event. Moira started painting when her children left home. She best loves painting portraits of people or animals. The large painting of the cat is titled 'Mystery', while the painting on the right is titled 'Fire and ice'. Pictured with her is husband Graham.

## Thumbs-up to multi-sensory delight

Thornhill Manor residents recently paid a visit to Thembalami Care Centre to see its Snoezelen multi-sensory room. Snoezelen equipment incorporates sound, smell, movement, light and texture to expose a person to stimuli in a comfortable environment, and has several therapeutic uses.

According to its website, "Snoezelen can aid development, help to relax an agitated person or stimulate and raise alertness levels of someone who has sensory processing disorders."

Thornhill Manor held several awareness and fundraising events to commemorate World Alzheimer's Month. The biggest of these events was an Alzheimer's walk involving both Thornhill Manor and Thembalami residents.

Part of the money raised from these events was used to buy interactive toys designed to be accessible and engaging for individuals with varying abilities.

"Our residents were in awe of the room, which can in turn be either stimulating or relaxing. They reported a decrease in anxiety, worries and concerns," says Karen Griessel, Thornhill Manor's social worker.

Thornhill Manor resident and former occupational therapist Vicky Keenan contributed some of her hand-crafted OT games to the care centre.

"She gathered quite the crowd, with Thembalami residents playing games and enjoying themselves. It was a wonderful morning of laughs, with faces lit up with smiles and plenty of socialising," says Karen.



Thembalami resident Gertrude Xabansa enjoys interacting with Thornhill Manor resident Vicky Keenan, who is a retired OT.



# A 'dam' sight better – Tarentaal's dam set to become a little paradise



Before the repairs were done, the dam was a near-empty, stagnant mess.



In places, the silt that had to be removed was up to 1.8 metres deep.



The big guns had to be called in to reinforce the walls.



In it goes – it took three weeks for the dam to fill.

After a leaking wall left Tarentaal Village's dam nearly empty and bereft of life, plans were put in place to restore this gem to its former glory.

It took two months to complete the work and now the dam is adding a sparkle to residents' lives as the slender branches of a willow tree kiss the surface of the water and bird life slowly returns.

"The walkway around the dam is perfect for strolls and all that still needs to be done is the landscaping," says village manager Tammy Neilson.

Around 1.3 metres of silt was removed to allow the leak to be fixed and the dam to be rebuilt. "In some places, the

silt was 1.8 metres deep," says George Vermeulen, Rand Aid's grounds manager. "A three-layer bentonite seal was used to reinforce the walls of the dam," he explains.

George oversaw the job, which was carried out by Albert Smook from A&G Earthworks.

The dam holds around two million litres of water, has a 157-metre circumference and is 2.8 metres deep.

It took three weeks to fill, with pumping supplementing the rainwater that fell during that time.

"A reticulation pump was installed so that the water never again becomes stagnant," says George.



All that is left is the landscaping.

## Big screen bingo at Inyoni Creek

Competitors were intently focused on their papers and the big screen in front of them at Inyoni Creek Retirement Village's well-supported bingo evening on October 23.

The clubhouse at the Rand Aid-run village was packed with 48 people, all hoping that it would be their lucky day and they would win a bingo prize or two. The village's bingo is electronic and projected onto a big screen, and a selection of patterns and full cards are used. The games are controlled by residents Graeme Scott and Stan Brauns, with Wila Brauns and Fransie du Preez handling the entries and finances.

Five games were played and lucky draws were held during the 2.5 hours of fun.



Bingo players concentrate fiercely as numbers are called.





Inyoni Creek residents celebrated Heritage Day the traditional way – with a bring-and-braai at the village clubhouse. Pictured are Anne and Mel Stamelman.



There was an explosion of colour at Rand Aid's Inyoni Creek Retirement Village on Heritage Day when a braai was hosted for staff members, to reward their hard work and allow them to celebrate and showcase their culture. Pictured are Johanna Lebisi, Sylvia Tsebe, Portia Kgare, Shelda Semanya, Margaret Machaba, and Merlin Thape.



Tarentaal Village held a colourful Heritage Day braai in September. Some of the housekeeping staff members dressed for the occasion and entertained residents with traditional dancing. Pictured are Neria Moloto, Bongki Nokwandisa, Xoliswa Nyakambi, Eunice Ndlovu, Olivia Mgayi, Dudu Ngwenya and Nthabiseng Hlahane.

## Colourful heritage and spring celebration

The community of Ron Smith Care Centre gathered outdoors in their numbers to celebrate Heritage Month and the beginning of spring.

The beautiful Woodlands garden and recreational area were awash with the vibrant colours of flags from around the globe – to represent all residents' heritages – and bright yellow sunflowers in hessian pots. Residents and staff were beautifully attired in traditional dress or flowery spring outfits. The ladies were offered a flower crown, while the gentlemen were given a SA flag headband to wear.

Residents and staff were treated to a performance by DJ Frans van Aswegan and singer Shams Muller and the Rodeo Girls (Lientjie and Christine), who kept everyone entertained with lots of vibrant music, singing, and line dancing. Soft rock, country and western, Afrikaans and popular songs from the 60s, 70s, and 80s were on the playlist. Residents and staff were inspired to dance and move to the lively beat. The Rodeo Girls also taught the staff a few fun line dances and danced with some of the residents.

The staff, representing SA's rainbow nation, were excited and proud to be able to showcase their cultural dances, as well as a few dances from other genres.

### Their message was:

We are a rainbow nation

We are noisy; we are colourful; we are bright

We are proudly South African!

The entertainment was followed by a delicious South African braai, which included chicken, pap tart, Greek salad, and pumpkin fritters – finished off with a peppermint crisp tart.



Front: Drienie Horlacher, Carol Murphy and Ria Milburn, and back: Grace Dibia, Beauty Buthelezi and Tracy Sibisi.

### Comments on WhatsApp family groups:

My mum had the best time! Thanks so much to everyone who made this time so special!

This is incredible, thank you to all involved. It just lifted my heart to giant big smiles!

Amazing and so appreciated. You went to so much trouble. Thank you!

What a fabulous event! Well done to all involved and thank you for making it so festive for the residents.

**MORE PHOTOS:** Visit [www.randaid.co.za](http://www.randaid.co.za). Click on Blog. Scroll down until you find the post.

## Heritage Day braai in Thornhill Manor park

Thornhill Manor enjoyed Heritage Day the traditional way – with a lekker braai.

"There was a huge buzz in the village in the build-up to the Bring and Braai in the Park Heritage Day event," says Thornhill Manor's Jackie Scott. "Residents were chatting and planning what to bring and who to sit with. Tables and chairs were set up under the trees and residents brought their bright tablecloths and filled picnic baskets."

Around 80 residents attended. "They shared the contents of their picnic baskets, laughing and enjoying each other's company, with a cold drink in hand."

Jackie says the gents were great, lighting the fires and braaiing the meat to perfection.